

Luna Jaiswal - Best dietician in India

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Curb your food craving

FOOD cravings could be due to emotional or hormonal reasons. Small number of cravings could be a result of food allergy or even nutritional deficiency.

How to reduce them:

■ Have small and frequent meals. When we skip meals our blood sugar level falls, which results in food craving, over eating and even binges. Females should eat every 3-4hours, while males can manage in 4-5 hours. Frequent eating helps in reducing food craving associated with PMS /Pre Menstrual Syndrome.

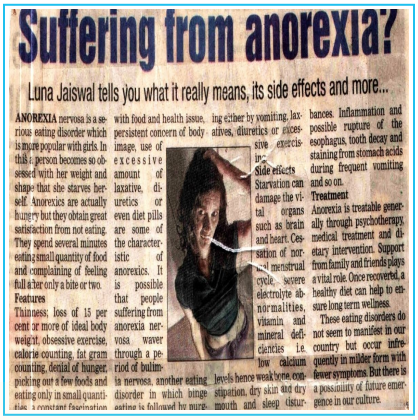
■ Keep yourself hydrated. Dehydration confuses the body and often makes us feel hungry. It is a good idea to take a glass of water every hour. Stimulants like tea or coffee or caffeinated soft drinks can cause fluctuation in blood sugar levels. Switch to herbal or fennel tea, diluted fresh fruit juice, vegetable soup or butter milk.

■ Never reduce your calorie intake below a safe level. 800 calorie diet can only be taken under supervision. Even during weight loss one must not opt for a diet less than 1200 calories.

■ Choose low GI (Glycemic Index) food. Choose whole grain bread, brown rice, whole wheat pasta or noodles rather than refined or processed starches. Opt for soluble fiber in apple, oats and beans. Choose plenty of vegetables as they are high in fiber, vitamins and minerals but low in calorie and usually low GI value.

■ Over consumption of sugar and salt can make craving worse. Use spices to enhance taste.

LUNA JAISWAL


Suffering from anorexia?

Luna Jaiswal tells you what it really means, its side effects and more...

ANOREXIA nervosa is a serious eating disorder which is more popular with girls. In this, a person becomes so obsessed with her weight and shape that she starves herself. Anorexics are actually hungry but they obtain great satisfaction from not eating. They spend several minutes eating a small quantity of food and complaining of feeling full after only a bite or two.

Features

Thinness; loss of 15 per cent or more of ideal body weight; obsessive exercise, calorie counting, fat gram counting, denial of hunger, picking out a few foods and eating only in small quantities; a constant fixation with food and health issue, persistent concern of body image, use of excessive amount of laxative, diuretics or emetics; even diet pills are some of the characteristic of anorexics. It is possible that people suffering from anorexia nervosa waver through a period of bulimia nervosa, another eating disorder in which binge eating is followed by purging either by vomiting, laxatives, diuretics or excessive exercising.

Side effects

Starvation can damage the vital organs such as brain and heart. Cessation of normal menstrual cycle, severe electrolyte abnormalities, vitamin and mineral deficiencies i.e. low calcium levels hence weak bone, constipation, dry skin and dry mouth and sleep disturbances. Inflammation and possible rupture of the esophagus, tooth decay and staining from stomach acids during frequent vomiting and so on.

Treatment

Anorexia is treatable generally through psychotherapy, medical treatment and dietary intervention. Support from family and friends plays a vital role. Once recovered, a healthy diet can help to ensure long term wellness.

These eating disorders do not seem to manifest in our country but occur infrequently in milder form with fewer symptoms. But there is a possibility of future emergence in our culture.


EAT RIGHT TO LOOK GOOD AFTER FORTY

Balanced diet helps you to look great as you age. Check out some health pointers stay younger and ravishing even at the age of forty. Read on...







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